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LADD'S LAST HURRAH?

TREVOR HAGAN/THE CANADIAN PRESS

Board chair calls for changes

EDUCATION

**WSD head says
current system
is more costly
to ratepayers**



Braeden
Jones
Metro | Winnipeg

The chairman of the Winnipeg School Division is calling on the province to change how it funds education in Manitoba.

Mark Wasyliv says he will be advocating for the province to find a new, alternative way to fund education that does not depend on property taxes.

This is something, he says, the board will "talk loudly about" in the weeks leading up to the provincial election in April.

The division's costs are increasing by 2.5 per cent this year, but the province is offering just one-per-cent increase in grants.

"(Our) inflation is not fat, it's teachers salaries that are going up," Wasyliv said.

Those costs factor into a draft budget that could mean a 5.1-per-cent increase in education taxes; nearly \$100 increase for a household with an average assessment.

"No trustee wants to raise taxes, but the problem is the province has put us in a horrible position," he said. "We're just trying to maintain the programs that we have.... If you want to get a zero per cent on a budget increase, it means firing teachers, it means slashing programs."

Instead, he says, the board wants to see "predictable independent funding from the province."



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BEEKEEPING

Get buzzing on city bylaw: Councillor

One Winnipeg councillor wants the city to get busy looking into urban beekeeping.

Coun. Russ Wyatt says a motion he made back in October, 2015 to have administration "investigate and report back on city-wide beekeeping and include recommendations for amendments" to zoning didn't have a time limit.

On Wednesday, he'll try to impose one again, this time following a recent decision by a city committee to OK beekeeping on downtown rooftops.

"I think giving them the ability to look at this properly is important, so probably about 180 days," he said.

"This motion would go to the standing committee in March, so six months from then."

He says it's "incumbent on every community to be looking at this issue."

The issue, as Wyatt and many scientists have agreed, is a steady drop in bee populations worldwide.

"If we lost bees, world food production would see a massive drop," he said. "One of the best ways to counteract this phenomenon is just by simply having more apiaries, more bee farming."

And he wants parts of Winnipeg to at least have the potential to get in on that bee-farming action.

He speculates that certain parts of the city, such as industrial areas, "may be more advantageous than others," but thinks taking a fulsome look at where it would work best and what can be done is needed.

"Anything that can be done to assist proactively is a positive thing, Winnipeg needs to be a part of the solution," he said. "It goes back to the old adage, 'Think globally, act locally,' I think that's what we're doing here."

The matter was set to go before the East Kildonan-Transcona community meeting Wednesday.

BRAEDEN JONES/METRO

School division may change milk program

SUBSIDY

New system would be based on parents' financial need



Every student in the Winnipeg School Division, "the richest and the poorest," can buy subsidized milk for 10 cents — but that may change next year.

Trustee and finance committee chair Chris Broughton said there's "opportunity to change (the) program to be based more on need," in order to "find savings" in a record-high \$396.5-million budget that comes with a 5.1 per cent tax increase.

Board chair Mark Wasyliw said it's about "spreading dollars further."

"We're changing a bit of how we do things," he said.

Rather than all students having access to the 10-cent milk, WSD would expect parents of students to respect an honour-system in expressing need.

"Those students that can afford to pay (more) for milk, would pay for milk," Broughton said.

"Those students that would need additional supports, we would be providing them."

He explained that it would be a lean shift to the new program and emphasized trustees "don't want this to incur any additional work on our administrator's part."

Hence the honour system.

"It would be either school administration, or teachers, or someone in the community (who) would recognize themselves as having a need," he said.

Milk subsidies aren't the only universal program on the bubble.

Broughton said the division is also looking at "moving along those same lines for the band instruments," which have been handed out to students free of charge.

On a tight budget, that program is in jeopardy.

"Where appropriate, students may be required to provide their own instruments," Broughton said, adding that some may choose to enter into rental agreements rather than purchase expensive instruments.

Changing the two programs could lead to savings as great as \$300,000 next year.



ISTOCK

IN BRIEF

Police probing death

Homicide police are continuing to investigate after a 41-year-old woman was found dead inside one of Winnipeg's North End homes. Police said Tuesday they have identified the victim as Marilyn Rose Munroe, but say the circumstances surrounding her death are still

unconfirmed, as they are waiting on results of an autopsy. Anyone with information about this incident is asked to contact police. METRO



Marilyn Rose Munroe
CONTRIBUTED

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Underpass on the agenda

WAVERLEY-TAYLOR

\$155M plan discussed by city at meeting Wednesday

After nearly a month delay, a \$155-million plan to build a new underpass in Winnipeg's South End will hit council floor.

On Wednesday, city councillors will debate inking the multimillion-dollar plan into the 2016 budget, which includes doling out \$12.3 million in a single-source contract to Dillon Consulting Limited for design work and other construction services.

The project would see an underpass built at the railway crossing of Waverley Street and Taylor Avenue — which, according to the city, sees about



A car waits for a train to pass at a level crossing on Waverley Street near Taylor Avenue. CONTRIBUTED

40 trains per day and some 30,000 vehicles.

The underpass plans were supposed to be tabled during

last month's council meeting, but a city committee voted the matter be delayed up to 60 days, criticizing city staff

for bringing it forward to be rubber-stamped without more thorough consultation.

Staff, however, warned that

if put on hold for too long, the opening of the new underpass could be delayed one year.

That means cost overruns in excess of \$7 million, Mayor Brian Bowman had previously told reporters.

He added that upward of \$90 million in funds have already been secured for the project from both the federal and provincial governments.

Other complaints hurdled at the proposed underpass came from local consultant Ken Klassen, who told two city committees he saw "serious flaws" in the plan.

Such flaws included modest cost estimates to city staff "hiding" information from the public.

Regardless, a notice of motion accepted by council in January guaranteed the issue would be back in council chambers at the February meeting. METRO

CITY HALL



Janice Lukes METRO FILE

City's snow removal app still not ready yet

Plans by the head of the Winnipeg's public works department to have a new mobile app in place for the residential "Know Your Zone" snow removal program by mid-February seems to have hit a snag.

Earlier this month, Lester Deane said the simplification app, which has been under construction for months, was to be finished by Feb. 15.

Now, however, a city spokeswoman said in a recent statement that they "anticipate the Know Your Zone app will be launched in the coming weeks."

Coun. Janice Lukes, chairwoman of the infrastructure and public works committee, said that at this rate, the department shouldn't rush the project.

"I'd really rather they do it right, otherwise don't do it at all," Lukes said.

It has been nearly a year since the city said it was planning an app to help residents navigate the schedule of the residential snow removal program.

MICHELLE BAILEY/FOR METRO

INDIGENOUS POLITICS

Council will soon address TRC recommendations



Braeden Jones
Metro | Winnipeg

Winnipeg city council will vote to answer the Truth and Reconciliation Commission's (TRC) call to action on Wednesday.

In December 2015, the TRC delivered its final report and recommendations for reconciling damage done by residential schools in Canada.

At that time, a Winnipeg Public Service working group reviewed the recommendations to determine what new activities would need to be undertaken for implementation.

Five TRC recommendations will be added to the city's mandate following the vote.

The first is a call for "municipal governments to fully adopt and implement the United Nations Declaration on the Rights of Indigen-

ous Peoples as the framework for reconciliation."

Another calls for municipalities and other orders of government to provide education to public servants on the history of indigenous peoples, and to reform laws that rely on concepts used to justify European sovereignty over indigenous peoples.

5

The number of TRC recommendations that will be added to the city's mandate.

The other recommendations call for increased commemoration and protection of residential school cemeteries, and for collaboration with the commission to collect copies of records relevant to the history of the residential school system.

The working group noted the city has already made

progress in areas such as the archives — by sharing all files on residential schools with the TRC. There are also courses available for city staff on aboriginal cultural awareness.

The city's cemeteries branch is also prioritizing its database project to focus on the children's sections in listings, and plans to install a monument and Brookside cemetery to honour the children buried there from Winnipeg's residential school.

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The Forks says the Red River skating trail is still available to use, for now. BRAEDEN JONES/METRO

Two weeks left of Red River skating

WEATHER

Despite hotter temperatures trail usually open 6-8 weeks

Michelle Bailey
For Metro

Those worried these recent milder temperatures may mean the last days of skating on Winnipeg's Red River trail should think again.

Despite a slow start to the season thanks to an unseasonably warm January that delayed ice freeze, officials at The Forks say the trail is nearing its annual average for days open.

"We usually get six to eight weeks out of the trail during the season," Kristen Pauls, marketing and communications coordinator with The Forks North Portage Partnership, said Tuesday.

"That six-week mark is just

around the corner."

Pauls says the entire six-kilometre trail to St. Vital Bridge is open, even though daytime skaters may find the ice a tad slushy thanks to sunshine and warmer temperatures.

"We have crews out every night when temperatures dip to smooth out the surface of the trail that tends to get uneven during the day," Pauls said. "We're hoping to get a few more weeks in, but it's out of our hands if the weather continues to be warm."

Although none were cancelled, a few river-based events had close calls this season due to uncooperative weather.

The Great Ice Show, for example, had to bring in ice from outside the city instead of the Red, and the river's annual curling bonspiel had to look for a Plan B for the first time in the event's 14-year history.

Pauls said the only remaining scheduled event that could be threatened by warm weather is the first-ever Winter Derby Days at The

“

That six week mark is just around the corner.

Kristen Pauls, marketing and communications coordinator with The Forks North Portage Partnership

Forks. "People have designed wind powered contraptions to compete with on the trail, and they will require not just the ice, but obviously good winds," Pauls said.

"Will will watch the forecast and when we know conditions will be right, we'll contact participants and give them 48 hours to be ready to go."

And don't be too fooled by this week's balmy forecast, says Natalie Hasell, a meteorologist with Environment Canada: "We can safely say that other than a few variables, we will still see below normal temperatures until mid-March."



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Actors Ross McMillan, Evan Buliung and Doug McKeag in **Chimerica**, which runs from Feb. 24 to March 19 at the Royal Manitoba Theatre Centre. DYLAN HEWLETT/CONTRIBUTED

Tracking the Tank Man of Tiananmen

THEATRE

Chimerica an intense drama that brings us back to 1989

Michelle Bailey
For Metro | Winnipeg

In her award-winning 2013 play *Chimerica*, writer Lucy Kirkwood takes theatregoers back to the day in 1989 after hundreds of students were massacred in China's Tiananmen Square.

She fictionalizes that a rookie photojournalist named Joe Schofield snapped the photo of a lone protestor confronting a row of tanks, his identity known only to history as Tank Man.

Kirkwood's play focuses on what would happen if 20 years later, Schofield received a tip that Tank Man might in fact be alive, and living in the United States.

That possibility sends the journalist on a quest to track down the Tank Man, leading him through the Chinese-American



Actors Evan Buliung and Laura Condlin perform a scene from *Chimerica*. DYLAN HEWLETT/CONTRIBUTED

community on a hunt for the truth.

Kirkwood's three-hour play — aptly named *Chimerica* after the economics term that refers to the dualities of both superpowers — explores the complex

relationship between China and America.

Kirkwood's play touches on the differences, as well as the similarities, between the two nations.

Local actor Ross McMillan,

who is no stranger to the local theatre scene and has played numerous roles at MTC since 1987, says this production is one of the most intense and thought-provoking he's ever been involved with.

"I play this guy named Frank who is the editor of a large American newspaper," said McMillan.

"He's the one with the corner office, and is the kind of volcanic power guy who has to say 'Yes' or 'No' to whether or not these journalists are going to be allowed to find the tank man."

McMillan said working on a play that is based on such a historic moment has been humbling.

"I think when people see this production, it will remind them that it was a larger event than what any of us may have realized."

Produced with Canadian Stage, McMillan said he and the cast will travel to Toronto following the Winnipeg run and play at the Bluma Appel Theatre.

Chimerica runs from Feb. 24 to March 19 at the Royal Manitoba Theatre Centre.



It will remind people that this was a larger event than what any of us may have realized. Ross McMillan

BREAK THE SILENCE

Bombers kick-off anti-violence campaign

"We're not asking you to be superheroes. We just want you to stand up for what's right and keep each other accountable."

That was part of the message Winnipeg Blue Bomber Matthias Goossen delivered to students at Elmwood High School Tuesday as the team kicked off its Break the Silence on Violence against Women campaign.

Goossen and teammate Matt Bucknor are taking part in the three-year initiative that will

see players, and staff, deliver more than 100 school-based educational workshops for high school students, football teams, coaching staff and community leaders.

The Bombers have scheduled more than 16 assemblies and targeted workshops for high school aged youth in Winnipeg for the spring of this year.

"Male athletes are the definition of masculinity and, for them to step up and talk about an issue that is typical-

"When you see something wrong, you can do something about it."

Matt Bucknor

ly championed by women, is good for young people, particularly males, to see and hear," said Hannah Pratt, manager of communications for the

Winnipeg Football Club.

Goossen and Bucknor each took turns talking to students about what constitutes violence against women and what they can do if they find themselves dealing with the issue.

"When you see something wrong, you can do something about it," said Bucknor.

"We want young men, all men, to know they have a responsibility to protect women in our society."

MICHELLE BAILEY/FOR METRO



Matthias Goossen (left) and Matt Bucknor (right) presented to high school students about standing up to violence against women. MICHELLE BAILEY/FOR METRO

Campaign hits \$12K

COOPER NEMETH

Family says money may go to scholarship in teen's name

A crowdfunding campaign to raise money for the family of a murdered North Kildonan teen has already surpassed its \$10,000 goal in just a day.

A GoFundMe page was started for the Nemeth family by a relative on Monday, following

police news that the body of missing 17-year-old Cooper Nemeth had been discovered in the Valley Gardens area.

As of Tuesday afternoon, more than 200 people had donated, and the campaign had generated \$12,600 — more than its original goal of \$10,000.

"Thank you all for donating to our family. In our time of need you have all come through, over and over," a statement posted by Cooper's aunt, Laresa Sayles, read.

Although the money raised was initially earmarked to be donated to a charity of the family's choosing in Cooper's honour, Sayles wrote it may possibly help start a scholarship in the teen's name.

"The donations here will be put to amazing use, whether for help with costs, starting an organization or scholarships in Cooper's name we appreciate everything you have done." METRO



Cooper Nemeth
CONTRIBUTED

"In our time of need you have all come through, over and over."

Laresa Sayles

IN BRIEF

Teen charged with knife possession

A teen is facing weapons charges after showing up with a knife to a Winnipeg high school.

Police said officers responded to a report of two teenage boys arguing near a high school in the 200 block of Sutton Avenue on Tuesday around 10:40 a.m.

According to a news

release issued later Tuesday, police said it was reported to them that one of the two teens arguing was in possession of a knife.

Police said once officers arrived on scene, one 16-year-old was taken into custody, and his knife was seized. He now faces a charge of possession of a weapon, and has been released on a promise to appear. METRO

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Li seeks independence

MENTAL HEALTH

Man who slew bus passenger changes name ahead of bid

A man who beheaded a fellow passenger on a Greyhound bus in Manitoba has changed his name and wants to leave his group home to live independently.

Vince Li appeared before a Criminal Code Review Board on Monday under the new name of Will Baker.

Baker killed Tim McLean during a bus trip on the TransCanada Highway near Portage la Prairie in July 2008. He was found not criminally responsible for the killing due to mental illness: schizophrenia.

Baker was originally kept in a secure wing at the Selkirk Mental Health Centre, but the board has granted him increasing freedoms starting with supervised walks on the hospital grounds and eventually escorted trips to nearby communities.

He won the right to live in a group home last year.

His medical team is now asking the review board to let Baker live on his own, albeit with several conditions that would include daily monitoring to ensure he continues to take his anti-psychotic medication.

The board heard from Baker's doctors on Monday that he has been a model patient and has always taken his medication.

Crown attorney Brian Sharpe said Baker would continue to be monitored "for the foreseeable future" and did not object to the request for independent living.

"There have been no issues. He's described in positive terms by the staff," Sharpe told the hearing. "As far as I can tell, he's done everything that's been asked of him."

A decision by the board is expected by the end of the week.

Baker, 47, sat next to the 22-year-old McLean on the bus after the young man smiled at him and asked how he was doing.

Li said he heard the voice of God telling him to kill the carnival worker or "die immediately." Li repeatedly stabbed McLean. As passengers fled the bus, Li continued mutilating the body.

THE CANADIAN PRESS



Vince Li at a court appearance in Portage La Prairie in 2008. Li, who beheaded a passenger on a Greyhound bus, has changed his name and is seeking more freedom. JOHN WOODS/THE CANADIAN PRESS

NATIVE ISSUES

Premiers urged to listen, act on murdered women

Grieving families are hoping premiers will take action on their own following a second roundtable on missing and murdered indigenous women.

The first was held in Ottawa last year before the newly elected Liberals announced a national inquiry.

Lorelei Williams left in tears after only four family members were given four minutes each to address the first roundtable.

The B.C. woman, whose aunt went missing in 1978 and whose cousin's remains were found on the farm of convicted killer Robert Pickton, felt re-victimized by the experience. She says this time, premiers and provincial ministers need to listen more carefully and do what they can to address the issue in their own jurisdictions.

"Once they get to know the families and what it does to them, I feel like (they) can fight a better battle," she said.

The roundtable is to convene in Winnipeg on Wednesday. THE CANADIAN PRESS

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Indie-pop band Library Voices. COURTESY CHRIS GRAHAM

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MUSIC

Touring band plays Thursday at West End

Nigel Moore
For Metro | Winnipeg

Library Voices' live shows have defined "exuberant" for the better part of the past eight years,

but multi-instrumentalist and chief songwriter Michael Dawson said it's never been strictly intentional.

Calling from the road between Saskatoon and Regina, Dawson said he can't explain why, but he and his bandmates Brennan Ross (guitar and vocals), Amanda Scandrett (keyboards and vocals), Mike Thievin (drums), Ethan Anderson (bass), Paul Gutheil (saxophone and vocals) and Carl Johnson (lead vocals and guitar)

end up pulling out all the stops most nights.

"I'm not sure really of the source from which it comes, but it culminates in a flood of energy when we perform live," he said. "I think a big part of it is that it's us getting together and letting off some steam and making a connection with the audience; feeding off each other ... I never take it for granted," he said.

Library Voices' tour of Central Canada starts Thursday in Win-

ipeg, at the West End Cultural Centre. "With the new record, we wanted to challenge ourselves without alienating anyone who's liked or supported us," he said. "Every time you lock yourself away to write or record music, you keep your fingers crossed just hoping that the people who responded positively to your band will do the same again."

Tickets are \$12 advance at the WECC, Into The Music, Music Trader and Ticketfly.com.

PTSD

Artist helps himself by horsing around

Meg Crane
For Metro | Winnipeg

Sometimes, it takes a little horseplay to deal with post-traumatic stress disorder (PTSD), as artist Daniel Lemire demonstrates with his art.

"With post-traumatic stress, suicide is inevitable," Lemire said in a recent interview. "It does not have to be imminent."

For him, the most important part about living with the illness is to have a sense of purpose.

About four years ago, he said, that purpose became to provide shelter for a homeless musician he would watch perform at the Times Change(d) High and Lonesome music club.

"I don't drink. I don't drug. And therefore, I don't have a lot in common with the bar crowd," Lemire said.

Choosing to draw the musicians on stage instead of trying to connect with other audience members, Lemire started to pack his shirt pocket with pencils and lug a bag of paper with him to shows.

Lemire says he started drawing around the same time he was self-publishing a book about PTSD because he wanted to illustrate it himself, and that sketching musicians helped to

counter-balance the dark and depressing images.

Eventually, Lemire got sillier with his art and, in many of his pieces, horses began to replace the humans he saw on stage.

Now, his apartment is full of pencil drawings coloured in with chalk pastel of local bands such as the Dirty Catfish Brass Band, Dr. Hotbottom and The Solutions, all as both humans and horses.



I don't have a lot in common with the bar crowd.

Daniel Lemire

"I thought what I was doing — and I don't know if I am or not — was to promote some of the local music that's good," said Lemire.

Lemire doesn't actively sell any of his art. You have to track him down in person, usually at Times Change(d) on Sunday evenings, in order to make a purchase.

When someone does buy a print, he sends the money to organizations supporting refugees or working to end the use of child soldiers, such as the General Roméo Dallaire Foundation.



Daniel Lemire draws to deal with his PTSD. MEG CRANE/FOR METRO

CLASS ACTION NOTICE

AUTHORIZATION OF A DATA BREACH CLASS ACTION CONCERNING THE LOSS OF THE PERSONAL INFORMATION OF CUSTOMERS WHO IN MARCH 2008 LEASED A CHRYSLER, DODGE OR JEEP VEHICLE FROM DAIMLERCHRYSLER FINANCIAL SERVICES CANADA INC. (NOW KNOWN AS TD AUTO FINANCE SERVICES INC.)

Introduction:

In March 2008, a Data Tape containing the personal information of all DaimlerChrysler Financial Services Canada Inc. ("Chrysler Financial") vehicle lease customers across Canada was lost (approximately 239,277 customers). The personal information on the lost or stolen Data Tape contained some or all of the following information: the customer's name, address, phone number, social insurance number, date of birth, as well as other information related to the status and history of the customer's credit file with Chrysler Financial.

If, on or before March 12, 2008, you leased a vehicle from Chrysler Financial (including, without limitation: **Chrysler, Dodge or Jeep vehicles**), your personal information was likely included in the lost Data Tape. You may also have received a notification letter from Chrysler Financial in March or April 2008, informing you of the loss of your personal information.

1. **TAKE NOTICE** that on January 19, 2015, the Honourable Mr. Justice Lacoursière of the Superior Court of Québec authorized the bringing of a class action against Defendant TD Auto Finance Services Inc., formally DaimlerChrysler Financial Services Canada Inc. ("Chrysler Financial" or "Defendant"), and ascribed the status of representative to Mr. Maxime Belley ("Petitioner" or "Plaintiff") to act on behalf of the following Group:

All persons (including their estates, executors, or personal representatives), consumers, corporations, firms, businesses, and other organizations, in all of Canada, whose personal information was stored or saved on a data tape, which was lost by Respondent while in transit on or about March 12, 2008.

2. **This class action will be brought in the Province of Quebec, District of Montreal.**

3. **The principal questions of facts and law that will be dealt with collectively are the following:**

- Was Defendant negligent in the handling of and subsequent loss of the personal information of the Group members?
- Is Defendant liable to pay damages to the Group members as a result of the loss of said information, including actual monetary losses incurred, lost time, inconvenience, anxiety and other moral and/or punitive damages caused by the loss of said information, and if so in what amount?

4. **The conclusions sought by this authorized class action are the following:**

GRANT Plaintiffs' action against Defendant;
CONDEMN Defendant to pay to the members of the Group compensatory damages for all monetary losses caused as a result of Defendant's loss of the members' personal information;
CONDEMN Defendant to pay to the members of the Group compensatory and/or moral damages in the amount to be determined by the Court as a result of Defendant's loss of said members' personal information;
CONDEMN Defendant to pay an amount in punitive / exemplary damages to every Group member, in the amount to be determined by the Court, with interest as well as the additional indemnity;
GRANT the class action of Petitioner on behalf of all the members of the Group;
ORDER the treatment of individual claims of each member of the Group in accordance with the Quebec Code of Civil Procedure;
THE WHOLE with interest and additional indemnity provided for in the Civil Code of Quebec and with full costs and expenses, including expert's fees and publication fees to advise members;

5. **If you wish to exclude yourself from the class action, you must notify the clerk of the Court no later than May 28, 2016, by registered or certified mail at the following address:**

Clerk, Superior Court of Quebec, 1 Notre-Dame Street East, Montreal, Quebec, H2Y 1B6

You must state that you wish to exclude yourself from the class action of Maxime Belley v. TD Auto Finance Services Inc. (case number 500-06-000615-126).

6. **A Class Member who has not requested his exclusion by May 28, 2016 will be bound by any judgment rendered in the class action.**

7. **If you wish to remain included in the class action, you have nothing to do.**

8. **As a Class Member, you have the right to intervene in the present class action, in the manner provided for by law. If you do so, you will not be called upon to pay any costs.**

9. **For further information about this class action, you may contact class counsel and, if possible, provide your email or other address: Mtre David Assor, Lex Group Inc., 4101 Sherbrooke St. West, Westmount, Quebec H3Z 1A7
Phone: (514) 451-5500 ext. 321 Fax: (514) 875-8218 Email: davidassor@lexgroup.ca Website: www.lexgroup.ca**

THE PUBLICATION OF THIS NOTICE TO CLASS MEMBERS HAS BEEN APPROVED AND ORDERED BY THE SUPERIOR COURT OF QUEBEC.



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Ceremony attendees at Monday's gathering held posters, displaying images of slain teen Cooper Nemeth. DAVID LIPNOWSKI

Nemeth suspect was on probation

CRIME

As city mourns, more details emerge about man charged

Hundreds of people attended an emotional smudging ceremony Monday night for a Winnipeg teen whose recent death is the focus of a homicide investigation.

The ceremony was organized by the Bear Clan patrol, which played a large role in last week's massive search for Cooper Nemeth.

Earlier Monday, a 22-year-old Winnipeg man made a brief video appearance in court to face a charge of second-degree murder in the death of the teenage hockey player.

Nicholas Bell-Wright was arrested Sunday morning after human remains that police believe will be identified as

Nemeth, 17, were found in a bin on a property.

Court documents show that Bell-Wright is currently on supervised probation for assault after admitting to attacking a 16-year-old in October 2014 near River East Collegiate.

At his sentencing in July, court heard Bell-Wright pulled the teen from a bike, punched him twice and threatened to cut off his head.

He believed the teen was having some sort of relationship with his 11-year-old niece.

Bell-Wright was given a one-year suspended sentence with supervised probation.

Nemeth hadn't been seen since he left a team hockey party more than a week ago.

Police have said they believe he was killed somewhere else and his body was moved to the bin.

A couple who live near the scene were the ones to find the body. Jasmine Pothumulla said they heard a strange noise and

decided to check into it.

"Right away, I saw the bin lying on the (ground) and the legs sticking out," said her husband, Roshan, who thought someone may have been playing a prank on him.

"We feel very sorry for the family and we hope it never would have happened in the first place, because he didn't deserve it," added his wife.

Police have said they do not believe there was any gang involvement but they do believe the killing was drug-related.

At the ceremony Monday night, Nemeth's father read from a prepared statement while his wife, Gaylene, and the teen's nine-year-old sister stood close by with tears streaming down their faces.

"In Cooper's last day, he united a city," he told the gathering. "He became not only our son, brother, nephew, grandson and great-grandson, but yours as well." THE CANADIAN PRESS

Drugs and daggers among airport haul

BORDER SERVICES

Customs kept busy over year with shipment seizures

Weapons disguised as cutlery and a shipment of a chemical used to make the date-rape drug were among the 300 contraband seizures made at the Winnipeg airport by the Canada Border Services Agency last year.

The agency says in a news release summarizing CBSA activity for the year that ended in August, customs officers seized 35 prohibited weapons in a shipment destined for an Alberta address.

The package, marked "cutlery," contained 30 five-pointed shurikens and five knives with a push dagger handle.

In June, officers searched a shipment from China and

found material that is used in the production of the date-rape drug.

The importer was subsequently arrested by Winnipeg police.

Customs officers also arrested a U.S. man wanted for alleged possession and pandering of child sexual abuse imagery, and a Winnipeg man who eventually pleaded guilty to providing false information to the federal government on refugees.

"The CBSA plays a critical role in keeping weapons and drugs off the streets of Winnipeg by stopping them at the front line," said Kim Scoville, director of the CBSA prairie region.

"The significant cases from last year are part of our officers' diligent efforts to pursue these acts of criminality to protect our communities from sexual predators and fraudulent immigration activities." THE CANADIAN PRESS



Canadian Border Services seized 300 items of contraband at the Winnipeg airport. METRO FILE

LEGISLATION

Bill aims to limit sick note demands

The Manitoba legislature may be the next battleground in the war over when employers can demand sick notes from absent workers.

Dave Gaudreau, a backbencher in the NDP government, is proposing a law that would forbid bosses from requesting sick notes until a worker has missed at least seven days in a calendar year.

Gaudreau says forcing workers to get a doctor's note wastes health care resources and often requires workers to pay a fee for the note.

Some medical groups have

also criticized the use of sick notes, including the Ontario Medical Association, which says a worker who gets a doctor's note can spread germs to other patients. But some business groups have argued that sick notes are needed to manage absenteeism and ensure workers are getting treated for their illness.

Gaudreau hopes to have his proposed law debated in the legislature in the coming weeks, but admits there are no guarantees it will be discussed before the April 19 provincial election. THE CANADIAN PRESS

IN BRIEF

Daryl Reid will not seek reelection in April

Another longtime MLA will not be running again for the NDP in April's election. Daryl Reid has represented Transcona in the legislature for the last 26 years but will not seek re-election.

He's the latest in a list of long-time NDP politicians who will not campaign,

including Stan Struthers, Theresa Oswald, Gord Mackintosh and Jennifer Howard. Reid is currently Speaker of the House, and will take that seat again at spring sitting Wednesday.

Barb Burkowski, former chair of Pride Winnipeg, is uncontested heading into the March 4 nomination for the NDP in Transcona. CJOB

THEY CAME. THEY PITCHED.
THEY GOT A DEAL.



THE UPDATE SPECIAL

Presented by



TONIGHT 8



Gates likes family focus

FEDERAL CABINET

Philanthropist wants men to follow lead of McKenna

Philanthropist Melinda Gates says she wants to see male Liberal cabinet ministers follow Environment Minister Catherine McKenna's example by booking a few hours of early evening time exclusively for their families.

Gates, who believes that helping women and girls succeed will alleviate global poverty, says it would set an even stronger example if a man followed McKenna by turning off the phone between 5:30 p.m. and 8 p.m. to focus exclusively on family.

"I'm thrilled she's saying that and doing that because it takes courage, but ... it's going to take men also doing and saying the same thing," Gates told The Canadian Press on Monday.

Gates released her annual letter on international development late Monday as part of her ongoing work with the philanthropic foundation she started

with her husband Bill, the co-founder of Microsoft.

As it has in the past, the Gates' letter emphasizes the need to reduce carbon emissions and find ways to help the world's poorest.

On the latter issue, she said she had a long discussion with Prime Minister Justin Trudeau at last month's World Economic Forum in Davos and said she is genuinely impressed with where he wants to take Canada on the world stage.

She commended Trudeau's decision to carry on with Stephen Harper's maternal and newborn child health initiative, including its one new wrinkle — removing the former Conservative prime minister's ban on funding family planning projects that use contraception.

"He and I had a long conversation about the importance of contraceptives and how they can benefit women, so I was very encouraged," Gates said of her recent discussion with Trudeau.

Gates was a very public supporter of Harper's initiative to reduce the deaths of pregnant mothers, their newborns and young children in the developing world. THE CANADIAN PRESS



I'm thrilled she's saying that and doing that because it takes courage ... but it's going to take men also doing and saying the same thing.

Melinda Gates



Margaret Coward holds a coffee cup outside the Tim Hortons on Portugal Cove Road in St. John's, N.L. on Tuesday. Coward won a \$100 Tim Hortons card on a Roll Up the Rim cup but a Facebook "friend" claimed her prize before she could. THE CANADIAN PRESS

ROLL UP THE RIM

Tims to honour woman's stolen prize

A woman who posted a photo of her prize-winning Tim Hortons cup on Facebook has said she will be able to claim her \$100 prize after all.

Margaret Coward of Conception Bay South, N.L., said one of her 900 Facebook friends spotted the security number on the rim of her cup in the photo she posted and claimed the \$100 prize ahead of her.

"My main thing out of this is not to try to get the \$100 Tim's card, it's (to tell) people: be aware," Coward told Torstar News Service in a telephone interview Tuesday morning.

She said a Tim Hortons customer service manager

contacted her this week and said that she was "the rightful owner" of the winning cup.

Coward said she plans to fill out a form and send the winning rim to the company to claim her prize.

"We introduced the PIN code feature to allow winners the chance to collect their \$100 TimCard prize online, as an alternative to mailing in the winning tab," Jodi Bond, director communications for Restaurant Brands International, the brand's parent company, told Torstar in an email.

"As these are unique PIN codes, we do not encourage

our guests to post images of their tabs on social media until they have redeemed their prize."

Coward said she didn't know the Roll Up the Rim gift card award could be claimed online, nor did she know which of her 900 Facebook friends took the prize.

She said all she wants now is for others to know not to post their winning cups online.

"The main thing is don't post your winning cup and just be careful of what you post because sometimes your friends aren't really your friends," she said. "There's



Just be careful of what you post (online) because sometimes your friends aren't really your friends.

Margaret Coward

something to be learnt and I've learnt."

And what does she plan to do with her winnings? Take her husband and three children out for lunch — her treat.

TORSTAR NEWS SERVICE

BLACK HISTORY MONTH

Halifax brewery introduces Obama-inspired beer



Evelyn White smiles after drinking some of Good Robot's Ale to the Chief brew Tuesday, in Halifax, N.S. JEFF HARPER/METRO

A brewery in Halifax, N.S. has poured out a welcome glass for the community in a message to residents that "we're here for you."

Joshua Council, co-founder of Good Robot Brewing, said they had decided to make about 40 litres of honey porter inspired by President Obama's homebrew (dubbed Ale to the Chief) to have during an event celebrating Black History Month, considering the prominent history of the area's black community.

Evelyn White, a Good Robot patron and journalist, said she thought the Obama beer was a great idea for celebrating black history, especially since that culture brought her from British Columbia

to Halifax in the first place.

Sipping the dark beer, White said the taste was rich with some sweetness, and clearly had some chocolate and malt tones — adding with a smile "Obama and Michelle would be proud."



(Barack) Obama and Michelle would be proud.

Evelyn White

As a self-described child of the 60s and beneficiary of the Civil Rights movement, White said it's "deeply moving" to see a shift towards Obama's

presidency and meeting young people like those at Good Robot who "don't harbour the preconceptions about race."

"It's extremely important as these sorts of businesses arise that the owners have some sort of sense of the history here and how easy it is for the people who have grown up here ... to feel that they're being pushed out," White said.

"That they recognize that, I think it's important."

Council, originally from the U.S., said he never felt like he had a community before, since he grew up as a "suburbs kid."

"This is the first time I've kind of cared about anywhere I lived," Council said.

IN BRIEF

Teen arrested in stabbings

A 14-year-old girl was taken into custody Tuesday after a chaotic scene at a suburban Toronto high school that left six students and two teachers with non-serious injuries. Sgt. Bill Calder of Durham Regional Police said officers were called to Dunbarton High School in Pickering, Ont., in response to reports of a stabbing. Four people were transported to hospital for treatment. THE CANADIAN PRESS

Vancouver big on mobility

Vancouver is on the hunt for a company to design a series of transportable housing units the size of a shipping container, aimed at getting people off the streets. THE CANADIAN PRESS

Gitmo vow by Obama

HUMAN RIGHTS

Time to close site, move detainees to U.S.: president

U.S. President Barack Obama on Tuesday vowed to "once and for all" close the detention centre at Guantanamo Bay, Cuba, and transfer many detainees to a facility in the U.S., submitting a plan short on specifics.

The facility for years has raised legal questions, become a recruitment tool for violent extremists and garnered strong opposition from some allies abroad.

"I don't want to pass this problem onto the next president, whoever it is," Obama said, in an appearance at the White House.

Obama's proposed path to closure remained unclear. It leaves unanswered the question of where in the U.S. a new facility would be located and whether it could be completed by the end of Obama's term. Moving detainees to U.S. soil is currently prohibited under U.S. law and lawmakers aren't keen to remove restrictions.

House Speaker Paul Ryan, R-Wis., said Obama had yet to convince Americans that moving detainees to U.S. soil is "smart or safe."

The proposal underscores the administration's strategy of shrinking the population, hoping the massive cost for housing the diminished population would ultimately make closure inevitable.

Under the plan, roughly 35 of the 91 current detainees will be transferred to other countries in the coming months, leaving up to 60 detainees who are either facing trial by military commis-

PRO AND CON

Pro: The prison has long been a recruiting tool for militant groups. Holding extremists suspected of violent acts indefinitely without charges or trial sparks anger and dismay among U.S. allies.

Con: As Amnesty International argues, Obama's original vow was seen as a way to end the practice of detaining prisoners indefinitely without charge, not to bring that practice to the U.S.

sion or have been determined to be too dangerous to release but are not facing charges.

Those detainees would be relocated to a U.S. facility that could cost up to \$475 million to build, but would ultimately be offset by as much as \$180 million per year in operating cost savings. The annual operating cost for Guantanamo is \$445 million. The U.S. facilities would cost between \$265 million and \$305 million to operate each year, according to the proposal.

The plan considers 13 different locations in the U.S., including seven existing prison facilities in Colorado, South Carolina and Kansas, as well as six other locations at current correctional facilities on state, federal or military sites in several states. It also notes that there could be all new construction on existing military bases.

The plan doesn't recommend a preferred site and the cost estimates are meant to provide a starting point for a conversation with Congress.

THE ASSOCIATED PRESS

SCHOOLED IN HOSTILE CONDITIONS

A Palestinian teacher leads a class of Bedouin children from the Abu Anwar community near the Jewish settlement of Maale Adumim, in the background, Monday. Last week, the Israeli Army dismantled prefab classes and homes built with a donation from the French government, forcing children to attend their class outside without any infrastructure.

AHMAD GHARABLI/AFP/GETTY IMAGES



KALAMAZOO, MICH.

Motive for shootings still unknown

As details emerge about the night authorities say Jason Dalton has admitted gunning down six randomly chosen victims in and around Kalamazoo - attacks apparently carried out over hours during which he also ferried passengers around town as an Uber driver - any hint as to why remains stubbornly elusive.

A prosecutor said Monday that Dalton picked up fares for the ride-hailing service after the first shooting Saturday that left a woman seriously wounded and probably got more riders after the two subsequent shootings that proved fatal.

Uber officials acknowledged the company received complaints about Dalton's erratic driving that day, and said that company

policy is to contact the driver when alerted to unsafe driving. But they would not say whether anyone at the company spoke to Dalton.

Dalton, meanwhile, appeared briefly in court by video link and was charged with six counts of murder, which carry a mandatory life sentence. A judge denied bail for the 45-year-old former insurance adjuster, who Kalamazoo police Det. Cory Ghirighelli told the court had admitted to investigators "that he took people's lives."

The admission seemed only to

deepen the mystery of what was behind the killings of six people with no apparent connection to the gunman. Police and prosecutors acknowledge a motive may never be fully known.



This is a terrible moment in the community.

Kalamazoo County prosecutor Jeff Getting

said Kalamazoo County prosecutor Jeff Getting. "We've lost six people, we have a 14-year-old girl clinging to life, we have another victim who is recovering, thankfully, ... we have a high



Jason Dalton AFP/GETTY IMAGES

school that's lost a classmate. And no one understands why it happened."

Uber said Dalton passed a background check and became a driver Jan. 25. THE ASSOCIATED PRESS



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HEALTH

Toyota helps organization improve its workflow

When Canadians talk about ways to improve the country's health care, it's usually Swedish hospitals or U.K. regulations used as examples.

But it's the assembly lines of Japan that are proving to be the unlikely role model for how Canada can get donated blood to hospitals faster.

Toyota Canada is teaching the Canadian Blood Services (CBS) about the philosophy behind its manufacturing, and how the blood services packs, processes and ships the blood at its distribution centres.

So far, the process has saved CBS an hour at its Brampton, Ont., manufacturing and distribution centre, the largest one of nine in Canada. That hour is crucial time when it involves patients in need of a blood transfusion, Rick Prinzen, chief sup-



Toyota Canada is revamping the Canadian Blood Services distribution centre in Brampton, Ont., to make their blood screening and processing more efficient. TORSTAR NEWS SERVICE

ply chain officer for CBS, said. "These are life-saving products, so you can imagine in an ER setting where they need the product immediately, that hour can make a big difference," Prinzen said.

Driving the change is the Toyota Production System,

which the company regularly teaches to non-profits and small businesses. Canadian Blood Services is the latest big recipient.

The system is part philosophy, part supply-chain technique, and focuses on small improvements such as the number of steps employees make, in order to make

a production more efficient.

The Brampton centre supplies 105 hospitals, including all the major ones in Toronto. Many of those hospitals have major trauma centres, which are constantly in need of blood. The centre in Brampton alone delivers about 57,500 litres of

plasma protein products each year, according to the CBS.

"(Hospital) supplies may not be sufficient to deal with that trauma event. So they need replenishment within hours," Prinzen said.

Maura Smith, general manager of Toyota Production System Support Centre, the not-for-profit that helps other businesses and charities learn the Toyota Production system, said Toyota's aim is to let CBS figure out the process for themselves.

"We don't want to come in and tell them what to do or make changes. We want to develop their skills so they can own it and spread it throughout their organization," Smith said.

The Brampton site has been working with Toyota since early 2015, and Smith said she expects they'll work together for another nine months.

"This is the largest site in the network, it's more than double the size of any other site.... When we've stabilized the improvements here, we'll deploy them to other sites," she said. TORSTAR NEWS SERVICE

55%

The percentage of a single blood donation that turns into plasma used in blood transfusions.

127K

The size, in square feet, of the Canadian Blood Services manufacturing site in Brampton, Ont.

332

The number of employees at the Brampton manufacturing site.

57K

The amount of blood plasma protein products shipped from the Brampton site each year is about 57,500 litres.

FOOD

Produce box companies think local

Fresh fruit and vegetable prices may be climbing at a rapid rate, but the costs of food delivery box subscriptions are holding steady as economic and weather forces align to make local food a better deal.

"You haven't seen the increased prices on local foods, locally produced foods in the

way you have for imports," said Ran Goel, who founded the Greater Toronto Area's Fresh City Farms in 2011.

Fresh City Farms is one of many food box subscription companies to offer regular deliveries of pre-selected or customized produce.

In January, food costs for

Canadian households were four per cent higher than they were at the same time a year earlier, according to Statistics Canada's latest consumer price index. Fruits and vegetables fuelled the hike, rising by 12.9 and 18.2 per cent respectively.

Fresh City Farms packs its produce bags with an average

70 per cent locally grown food over the year.

For example, the company's boxes include potatoes — Ontario's largest fresh vegetable crop, according to the Ontario Potato Board. The humble spud ac-



tually cost 5.4 per cent less last month than in January 2015, according to Statistics Canada. THE CANADIAN PRESS

market minute

| | |
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| | DOLLAR 72.63¢ (-0.30¢) |
| | S&P/TSX 12,763.44 (-82.19) |
| | OIL \$31.87 US (-\$1.52) |
| | GOLD \$1,222.60 (+\$12.50) |

NATURAL GAS: \$1.83 US (-3¢)
DOW JONES: 16,431.78 (-188.88)

Corydon-Osborne Area Plan

PUBLIC OPEN HOUSE for PLAN IMPLEMENTATION

Wednesday, March 9, 2016, 4:30 – 8:30 p.m.

Gladstone School, 500 Gertrude Avenue

The Corydon-Osborne Area Plan, adopted by Council on December 10, 2014, identified zoning adjustments needed to help implement the Plan. The City of Winnipeg has drafted recommended zoning adjustments, and invites you to learn about them. They include:

- Planned Development Overlay (PDO) and design review for new development
- Property rezonings to align with the Plan
- Transit Oriented Development (TOD) Zoning District

The project team will be on hand to collect your input and answer your questions.

Should you require any alternate formats or ASL interpretation in order participate, please email ppdcorydon@winnipeg.ca or call 311 by March 2, 2016.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I've been happily married for three years. My wife has no problem telling everyone we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?

Dear Ellen,

I have been happily married for three years and my wife and I are now the happy parents of a two-year-old girl. My question is about what to tell people when they ask how we met. My wife has no problem telling everyone that we met online, but I don't feel comfortable revealing that. I don't think people should ask. What do you think?

Name withheld, Ottawa

Dear Sir or Madam,

I'm wondering if you're somewhat older than your wife, or from a generation that didn't grow up online. I've noticed a lot of people over a certain age find the idea of Internet dating faintly embarrassing, if not downright humiliating.

After researching the issue with a small focus group (consisting of me and a co-operative woman at the next table in the café where I'm writing this), my conclusion is that older grown-ups don't want to publicly advertise they're looking, in case they appear desperate; or an online predator seduces them and then cleans out their bank account; or, even worse, an old flame they still want to make jealous finds out they're pathetically scouring cyberspace in search of love.

Personally, I think young people have a more sensible approach. They're not afraid to use social media to meet their various needs. And there's no shame in acknowledging you want to share your life with someone special, so why not



use every resource available to make it happen?

The only downside of Internet dating I can see is that it's so labour-intensive. Even with an instant-gratification app like Tinder, where you don't have to fill out miles of questionnaires, the ratio of swiping activity to meeting-the-love-of-your-life activity is astronomical. And, let's face it, you never really know if it's going to work until you're close enough to smell the person.

Nevertheless, online mate-finding works for many, as you, my anonymous friend, are aware.

I may be wrong about your age. You might be a sprightly 25-year-old who simply doesn't care to share your Internet history with anyone who asks. But I can't agree with you that people shouldn't be allowed to

ask how you met your beloved wife. It's a perfectly polite question. In fact, it's the one question that's bound to reveal what's most interesting about you, or anyone.

The story of how people fall in and out of love (the true kind, not the lust kind) is the basis of most art, literature and music for a reason — it's an endlessly fascinating mystery. Rationally speaking, it often makes no sense. Emotionally, it's the grand unified theory of everything.

I sympathize with your self-consciousness, but if you can think it through and figure out exactly what's bugging you about it, you might feel more comfortable talking about it. And the more you talk about it (within reason and to a voluntary audience, please), the less self-conscious you'll become

— as well as more conscious of all the good stuff.

Something special must have initially grabbed you about your wife's posting. I wonder how many or few other candidates you had to wade through to get to each other. What did you do on your first date, and how did those first impressions of each other compare to how well you know each other now? I know that on some level you must be grateful to the Internet for leading you to being the parent of a little girl.

By the time your daughter is old enough to be curious, you will surely have a wonderful romantic tale of your own to share with her.

Need advice?
Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Lives are ruined as we wait for indigenous incarceration reform

The Liberals, so far, are a stick-to-it government.

Removing fighter planes from Syria, as they promised. Taking on a \$30-billion deficit to keep their spending promises. Launching a missing and murdered indigenous women inquiry, as promised.

That last one is an important part of a revision of the federal government's relationship to indigenous Canadians. But there is another equally important part: reducing incarceration rates among the country's indigenous people.

This was, according to the Supreme Court, a "sad and pressing problem" back in 1999, when the court ruled in *R. v. Gladue* that judges must take indigenous people's history into account when sentencing, and seek "all available sanctions other than imprisonment that are reasonable."

Twenty-five years later, the stark incarceration rates have only become starker, while white Canadians' incarceration rates fall. A recent *Maclean's* investigation into the phenomenon declared Canada's prisons the "new residential schools," finding that Canada jails indigenous Canadians at a greater rate than South Africa incarcerated blacks during apartheid.

Just last week, Quebec's ombudsman concluded an "over-reliance on the courts and the resulting incarceration does nothing to solve social problems," in a damn-

ing report into the treatment of Inuit in detention centres. It called for greater crime prevention, social reintegration and alternatives to courts.

Howard Sapers, the Correctional Investigator of Canada, deemed the report "disturbing." That's coming from someone who's spent years calling on the government to address the high rates of indigenous incarceration, in particular among indigenous women inmates, who now make up 35 per cent of the female prison population.

The application of the *Gladue* ruling has been "uneven," he noted, and while Correctional Services of Canada has conducted training and "is probably getting better," it's still been "too slow."

Indeed, Indigenous Canadians are five per cent of the population, and if courts were making best efforts to find alternative sentences, they wouldn't be one-quarter to one-third of all prisoners.

Sapers is "encouraged" by the Liberals' statements on the issue. There's also the important fact that Jody Wilson-Raybould, an indigenous woman, is the justice minister.

We can, then, hope this decades-old problem will be meaningfully addressed. That promises for reform will be kept. As witnessed by the *Maclean's* article, and in so many other places: Lives are being ruined while the country waits.

I can't agree with you that people shouldn't ask how you met your beloved wife.

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Looking for low-risk options?

NEST EGG

Some tips for investing in a volatile market

Michelle Williams

In today's unpredictable financial market, investors are finding low-risk investments hard to come by.

"It's a tough time for investors right now due to low interest rates," says Jane Anderson, certified financial planner with Investment Planning Counsel. "If you're looking for low risk, your options are limited to high-interest savings accounts and GICs, and if invested outside of an RSP, not only are you earning low interest, you're also paying on the interest earned at your marginal tax rate. Considering inflation of up to three per cent per year, you're probably looking at a negative return on your investment."

While stocks are generally considered higher risk for higher reward, until not too long ago, some stocks were safer choices for cautious investors.

"Bank stocks are a prime example of stocks that were always considered quite safe, but today, nothing is risk-free," says Ron Dale, partner at Bongard Dale Fried Chartered Accountants.

And there's the crux — as



Worried about market volatility? There are options out there for the cautious investor. ISTOCK

investors shy away from the volatility in the stock market, the investment options are very limited. However, if you recognize your return will be limited, there are still products for the cautious investor.

Guaranteed investment certificates (GICs)

These are one choice for risk-averse Canadians. It's a guar-

anteed rate of return over a fixed period of time and the rate varies depending on the length of the term and interest rates when you purchase.

"GICs grow at different rates depending on how long you want to lock them in for," explains Dale. "A five-year commitment will get about three per cent growth, but if the market improves, you're locked into

low interest rates. These days, some investors are looking at locking in for a year at a time."

High-interest savings accounts (HISAs)

These are savings accounts with competitive interest rates, but often with bank fees or minimums.

"If you need money in a pinch, you may be able to take

it out penalty-free. Unlike GICs where often you forfeit interest if you cash in early, interest on your HISA is calculated daily," says Anderson. "They're the best choice right now for investors requiring flexibility and capital preservation."

Canada Savings Bonds

These come with very low interest and aren't as popular as

they once were. "It's a guaranteed investment in the country, so it's seen as very safe, but the interest is extremely low, even when you take it for a longer term," says Anderson.

Risk vs. return

GICs and HISAs are low-risk options, but they also generate very low return on your investment.

"If you're making RSP contributions and you invest the money into GICs and HISAs, you've chosen the lowest risk but least rewarding options," explains Dale. "However, some people in this unstable market are just happy to maintain their investment and get the RSP tax deduction. It has to be what works best for you."

Those who are investing with a longer time horizon (10 years or more) may wish to invest in some of the more stable stocks and bonds.

"There's certainly no guarantee that these investments won't lose value from time to time and you may have to wait through the down times," says Anderson. "But if you have a long-term investment horizon, even those with low risk tolerance could explore an appropriate asset allocation strategy, including stocks and bonds."

Dale's advice for those looking for the safe option: "This may be a good time to buy RSPs and wait with them in low-risk short-term investments until the market corrects."

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Apps fit for red carpet noshing



Forget the party mix, these bacon-toasted pecans will add a touch of class to your Oscar party. THE ASSOCIATED PRESS

RECIPE

Bacon-toasted nuts

Don't even think about serving that old classic "party mix" at your Oscars party.

This isn't an eight-year-old's birthday party. This is red carpet material, even if it's in your living room. So it's time to class up your party mix act. And with this recipe for spiced bacon pecans, you'll have no trouble. We start with bacon because, well, because all good things start with bacon. Once the bacon is nice and crispy, all you have to do is toss in some pecans and a whole mess of seasonings. A bit of brown sugar ties it all together.

Spiced Bacon Pecans
Start to finish: 15 minutes
Makes 2 1/2 cups

Ingredients

- 4 strips bacon, diced
- 2 cups pecan halves
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne
- 1/2 teaspoon flaked salt

- 1/2 teaspoon ground black pepper
- 3 tablespoons brown sugar

Directions

1. Line a rimmed baking sheet with kitchen parchment.

2. In a large skillet over medium heat, cook the bacon until almost crispy.

3. Add the pecans and toss to coat thoroughly, then cook, stirring frequently, until evenly toasted, 2 to 3 minutes.

4. In a small bowl, combine the cinnamon, cayenne, salt, pepper and brown sugar. Toss with the bacon and pecans and cook for another minute.

5. Spread out on the prepared baking sheet and allow to cool fully. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

RECIPE

Bread-based tartlets carry a Hollywood healthy salad

THE OSCARS

Finger food can be tricky for the healthy eater. Tiny bites that explode with flavour often are loaded with empty calories and little nutrition.

If you're not paying attention at a party, you can easily inhale a day's worth of calories, just because, well, you're hungry. But what if we made finger food a little healthier? That's what this Oscar recipe is — a salad stuffed with protein and veggies, but turned portable thanks to a little secret for making a better-for-you crispy tart crust.

Compared to a butter- or shortening-filled pie crust, a simple slice of white bread is a great compromise. White bread squished flat until doughy, then sprayed lightly with olive oil and baked in a muffin tin makes an amazing crust.

Salade Nicoise Tartlets
Start to finish: 45 minutes
Makes 10 tartlets

Ingredients

- 10 slices of white sandwich bread, crusts removed
- Olive oil cooking spray
- Kosher salt and ground black pepper
- 1 teaspoon Dijon mustard
- 1 tablespoon red wine vinegar

egar

- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 teaspoon chopped fresh thyme
- 10 small cherry tomatoes, quartered
- 1 cup chopped romaine lettuce
- 1/4 pound thin green beans, steamed to crisp-tender and roughly chopped
- 5 small new or baby potatoes, cooked and thinly sliced
- 5-ounce can oil-packed tuna, drained
- 2 hardboiled eggs, chopped
- 2 tablespoons chopped marinated olives
- 1 tablespoon chopped fresh chives

Directions

1. Heat the oven to 375 F.

2. Use a rolling pin to flatten the bread slices until doughy and thin. Spritz both sides of each slice with olive oil cooking spray, then sprinkle light with salt and pepper.

3. Press each slice into a muffin tin cup. Bake until golden, about 13 minutes. Remove the bread cups from the pan, then set aside to cool on a rack.

4. Meanwhile, prepare the salad. In a medium bowl, whisk together the mustard, red wine vinegar and lemon juice. Drizzle in the olive oil, whisking into a vinaigrette. Add the thyme and season with salt and pepper.

5. Set aside half of the vinaigrette to use later. Add the



These Salade Nicoise Tartlets are only 220 calories each. THE ASSOCIATED PRESS

tomatoes, lettuce and green beans to the remaining dressing and toss to coat.

6. Once the tartlet crusts are cooled, layer the sliced potatoes on the bottom of each

cup. Top the potatoes with the tomato mixture, then the crumbled eggs, tuna, chopped olives and chives. Finish each with a drizzle of dressing over the top.

THE ASSOCIATED PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING



Maripier Morin in a U by Kotex ad. YOUTUBE SCREENGRAB

Getting your panties in a selfie

THE AD CAMPAIGN: MTV and U by Kotex team up to Save the Undies (MTV, Much, E! and VEVO)
THE MOMENT: The Undie Waving

In four one-minute spots, attractive young women stand in a dressing room, answer questions about their periods, and take duck-face selfies with their panties. Seriously.

Maripier Morin, identified as "Montreal It Girl," reveals that she wears different types of panties for work and sleep (gasp!). E! reporter Liz Trinnear announces that, when she's on her period, "If I want that chocolate, I'm going to eat that chocolate." She also debunks the myth that one shouldn't dye one's hair during "that time." "I talked to my hairdresser about this last night!" she cries passionately.

The Baker Twins, ID'ed as

"Much Digital Studios creators," confide that they wish someone had taught them to use a tampon. Tasha Leelyn, also a Digital Studios creator, proclaims that her "period spirit animal" is a tiger, and advises, "Be proud of your undies. It's part of being a girl."

Is this campaign a healthy embrace of female biology, or the ultimate end point of narcissism? Do we really need to fetishize every single thing that happens to us? What's next, Airwick celebrates breathing with its "You breathe, girl!" campaign?

In the text that accompanies these ads on MTV's website, a Kimberly Clark spokeswoman avers, "Women across Canada lose millions of pairs of underwear each year due to failed period protection" — a sentence so solemn, it's almost parody. Infomercials like these seek to erase the line between telling us something and selling us something, leaving only a faint, rusty stain to remind us it was ever there.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Film a metaphor for mania

TOUCHED WITH FIRE

Paul Dalio uses film to explore beauty, horror of being bipolar

Richard Crouse
For Metro Canada



Touched with Fire stars Katie Holmes and Luke Kirby as two poets with bipolar disorder. It's the work of Paul Dalio who wrote the screenplay, directed, edited and even wrote the musical score.

"The film was kind of a metaphor for my story," he says. "It was my struggle to come to terms with all this beauty that I found in this thing and all this horror I found in this thing. And how you reconcile that. It took the form of these two lovers who each represented a different aspect of it. As these two lovers pursue their love it goes back and forth between agony and ecstasy. They have to come to terms with it."

Dalio's issues with mental health began when he was in his undergrad years for Dramatic Writing at New York University.

He describes breaking into a "hypomanic state when I was experimenting with marijuana," which he used as a "creative catalyst."

"I didn't know at the time if you have the bipolar gene and you smoke marijuana it actually pushes your mind into a hypomanic state," he says. "It makes you temporarily more creative with a quicker mind. At first it was thrilling. It got to the point where my fingers



Katie Holmes and Luke Kirby in Touched with Fire. CONTRIBUTED

SANITY/LOVE

Seed of the film is sown

Director Paul Dalio and his wife cinematographer/producer Kristina Nikolova were in Bulgaria nearing the end of production on her movie Faith, Love and Whiskey. She asked him to write a story for her to direct and as she remembers he said, "How about two crazy people meeting in a psychiatric hospital and they have to basically choose between sanity and love?"

She said, "Wow, that's a great idea, but it's your story."



couldn't keep up with my mind. I had to use a voice recorder. Then my thoughts started overlapping and my mind couldn't keep up with my thoughts. I would go for runs with the voice recorder to try and speed my mind up to keep up with these overlapping thoughts."

"For a while my professors started to really praise my work, saying it was brilliant, which they never had before. I felt like I was tapping into some kind of divine illumination. I started to think I was experiencing God. Visions from God."

Soon the creativity that once

seemed like a gift "took the form of a demon that was inside of me. Possessing me, laughing at me and my mistakes."

Dalio spent four years gripped by suicidal thoughts and manic behaviour until realizing, "I couldn't put my family through that anymore so I had to resign myself to living numb on medication and just getting by."

A meeting with author Kay Redfield Jamison whose book Exuberance: The Passion for Life explores the mind's pathologies convinced him that he could live and work creatively on his medication.

"She said she experiences exuberance all the time and I absolutely will if I am patient. She also said she doesn't know one artist who isn't more creative after bipolar than before bipolar as long as they are on the meds. It changed everything. It gave me hope. I had something to fight for then."

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Feisty and smart

REVIEW

Think less cute, more punk for 2016

Mike Goetz
For Metro



Virtually every time a nameplate gets a major design overhaul, it gets a little bigger.

Not the smart. Ever since its initial introduction back in '98, Mercedes-Benz has heard people constantly question why

anybody would need a car this small. But this never seemed to detract from the commitment Mercedes-Benz has had, and continues to have, for smart's tiny-car format.

This third-generation version debuting for model-year 2016 is still only 2.69 metres long. Of course, it is designed to thrive in congested cities, where parking is at a premium, and priced by the foot. Canadian urban centres are not yet so packed, so going with the smart would seem more of a lifestyle choice.

There is no denying this is a very economical, green, and "short" way to stand out from the crowd.

If you've always been intrigued by smart, and those unique suite of attributes, the 2016 model represents a great time to jump on the smart train.

For one thing, it now has an automatic transmission (a dual-clutch type) that actually feels like a regular automatic. The previous one was famously jerky.

For another, overall on-road refinement is way up. For a car with such a small wheelbase, and such a small overachieving three-cylinder engine, it feels remarkably stable, comfortable, and free of vibration. Only when the pavement gets really rough does the little car feel a bit jittery.

Performance is more than adequate. I don't know if it's just me, but I've always looked forward to jumping into a smart. Turning is quick and it boots around town in a merry way, which always seems to put a smile on my face. I also like

how the styling has evolved to match its now feistier demeanour.

The interior continues past themes of pod-like elements, and funky colour combinations. Our tester had an orange interior. Some hard plastic bits will remind you that this is not a luxury car, but what other car can give you an orange option for the interior?

While an infotainment screen is optional on high trim lines, the smart acknowledges and leverages the reality that a lot of potential buyers are now heavily invested in their smartphones, and would rather use them for infotainment purposes.

As such, smart provides a great smartphone cradle, which positions devices exactly where an in-car screen would go.

While cargo capacity has increased, it remains relatively minuscule — think carry on. This lack of utility, combined with seating for only two, keeps smart off the shopping list of a lot of consumers.

Especially as non-premium brand small cars, like Nissan Micra, Chevrolet Spark, and Mitsubishi Mirage are considerably cheaper and actually have similar or better fuel economy. For example, the combined city/highway fuel rating for the Mirage is 5.9 L/100 km, while the smart is rated at 6.9, and requires premium fuel.

But no other car looks like — inside and out — or drives like, the smart fortwo. It's a singular experience, and a fun and economical one to boot.

Long live the tiny smart fortwo.

THE CHECKLIST

2016 SMART FORTWO

THE BASICS

- **Type.** Two-door, two-passenger, RWD, rear-engine, microcar
- **Power.** Twin-turbo, 900-cc, 89-hp, inline three-cylinder
- **Transmission.** Five-speed manual, Six-speed dual-clutch automatic
- **Price.** Base \$17,300 (plus destination)

COOL FEATURES

- Smartphone Cradle positions phone for perfect sight lines, with integrated USB port and an app that connects phone to audio system.
- Crosswind Assist automatically and carefully brakes vehicle when it



MAIN: GETTY IMAGES, INTERIOR: MIKE GOETZ/FOR METRO, OTHERS HANDOUT

encounters a gust, to stabilize the vehicle and allow the driver to correct the path.

POINTS

- All-new, third-generation smart introduced to Canada in 2015.
- New styling ethos forgoes cuteness for more punk-ish attitude.
- Outrageously tiny turning circle, good for quick U-turns.

MARKET POSITION

- City car, but with premium positioning and stylish flare.
- Only 2.69 metres long, so Canada's shortest vehicle, by a long shot.
- Conceived around the concept of individual urban mobility and to thrive in congested cities.

THE COMPETITION



Chevrolet Spark
Base Price: \$11,595



Fiat 500
Base price: \$18,995



Nissan Micra
Base price: \$9,998

INNOVATION

Ford Kuga SUV's sharing-economy app is on-trend

Ford has taken the unusual step of revealing its latest compact off-roader at a mobile technology conference, rather than at next month's Geneva motor show.

However, with the amount of connected technology built into the new Kuga, the Mobile World Congress is perhaps the best venue.

"New Kuga offers cutting-edge new features and technologies that will help drivers stay connected, comfortable, safe and stylish on the road," said Joe Bakaj, vice president, Product Development, Ford of Europe.

The most notable of which is the Sync 3 infotainment system. It is getting a host of new features including better 'natural language' voice recognition so that owners will be able to converse with their cars.

It means that if the driver is looking for a fuel station or the closest branch of Starbucks, he or she simply says "I need a coffee," or "I need fuel" in order to initiate a local search and activate the navigation system.

The platform also features a new app that will let users potentially finance a journey by offer-

ing to transport a package. Called MyBoxMan, it could enable a driver to earn €5-€8 (\$7.50 to \$12) for a five-kilometre journey.

"(It) opens up entirely new ways for drivers to stay connected and even earn money," said Scott Lyons, business and partner development, Connected Vehicle and Services, Ford of Europe. "Like a ride request service for deliveries, MyBoxMan is breaking new ground in social shipping, making intelligent and efficient use of car and van capacity on trips that are happening anyway."

The car boasts a host of active

driver aids including a new parking assist feature that can recognize a suitable space as well as help a driver enter it or exit. Its emergency autonomous breaking system (called Active City Stop) has been up-

graded to work at speeds of up to 50km/h and the car also gets new adaptive headlights that base the strength and angle

of illumination on the car's speed, the direction of the steering wheel and the ambient light levels.

"Demand for SUVs is stronger than ever, and Ford is expanding its range to offer everything from rugged models with true go anywhere ability to sporty models designed to suit urban lifestyles," Bakaj said. AFP

Kuga's platform includes an app that lets users make money by transporting a package. HANDOUT





"Good God almighty," Jim Ross, best known as a play-by-play voice for WWE, has signed on to be a boxing announcer for CBS Sports

Jets drop fourth straight

NHL

Benn scores twice in the third period for Stars

Jamie Benn scored twice in the third period to help the Dallas Stars get past the Winnipeg Jets 5-3 on Tuesday night.

Benn's 31st goal of the season proved to be the winner following an inspired passage of play that saw the Stars go up by two before the Jets pulled within one late.

Colton Sceviour broke a 2-2 tie at 12:29 of the third, although the goal had to be reviewed at MTS Centre. Sceviour's shot was judged to have hit the camera behind Winnipeg goaltender Ondrej Pavelec before ricocheting out.

Mark Scheifele tied the game moments later before Benn added an empty netter.

Jason Spezza and Valeri Nichushkin had the others for Dallas (38-17-6). John Klingberg tacked on three assists.

Alexander Burmistrov and Andrew Ladd also scored for the Jets (25-30-4).

Ladd, an unrestricted free agent at the end of the season, has been the target of rumours involving his departure as the NHL's trade deadline approaches on Feb. 29.

Dallas snapped a three-game winless skid with the win while Winnipeg's winless streak extended to four.

The Stars' seventh-ranked



Jets goaltender Ondrej Pavelec lets in a goal scored by the Stars' Jason Spezza, not shown, on Tuesday night.

TREVOR HAGAN/THE CANADIAN PRESS

power play went to work early in the first period and produced a result just seven seconds into Paul Postma's interference minor. Tyler Seguin directed a low shot on goal, but the puck caromed off the skate of Dustin Byfuglien and onto the stick of Spezza, who fired his 19th past Pavelec for the 1-0 lead at 7:15.

After failing to find a result on seven first-period shots, the

TUESDAY At MTS Centre

| | |
|-------|------|
| 5 | 3 |
| STARS | JETS |

Jets tied the game with their first shot on goal of the second period.

Drew Stafford's initial shot

was blocked in front of Stars goalie Antti Niemi, but the puck squirted onto the stick of Burmistrov, who shovelled a backhand shot to tie the game at 3:28. The assist was the 200th of Stafford's career.

Dallas restored their lead at 8:14 as Nichushkin wired home an unstoppable shot from in close after picking up his own rebound.

A pair of 2-on-1 rushes by the Jets while shorthanded resulted in the tying goal late in the second.

The Stars thwarted the first rush from Byfuglien and Joel Armia thanks to an impressive stick check by John Klingberg. But 20 seconds later the Jets were back, this time with Byfuglien, who fed Ladd in front to make it 2-2 at 16:14. THE CANADIAN PRESS

MLB

Jays GM mum on contract dealings

Toronto Blue Jays general manager Ross Atkins is keeping his lips sealed when it comes to contract negotiations with slugger Jose Bautista.

Atkins addressed the media Tuesday, a day after Bautista said he had given management his terms on any potential deal in an earlier meeting.

"If you want me to say the same thing 25 times, I'll say the same thing 25 times: When it comes to a negotiation, a trade rumour, we are not going to



Ross Atkins
THE CANADIAN PRESS

His 2016 option was picked up at \$14 million and he could become a free agent at the end of this season. THE CANADIAN PRESS

discuss them publicly," Atkins said.

After a breakout season in 2010, Bautista signed a five-year contract worth a guaranteed \$65 million US.

IN BRIEF

Dos Anjos out of fight with broken foot: Reports

UFC lightweight champion Rafael Dos Anjos has a broken foot that will force him out of his bout with Conor McGregor at UFC 196 on March 5, according to Brazilian media reports.

The UFC didn't immediately confirm the cancellation of its main event for UFC 196.

Dos Anjos was scheduled to defend his 155-pound belt against McGregor, the 145-pound champion.

THE ASSOCIATED PRESS

NHL

Habs to review puck-tossing injury

The long-standing practice of players tossing pucks to fans took a scary turn this week when a mother posted on social media that her one-month-old daughter suffered a concussion when hit by a puck that she said was flipped into the crowd by Montreal defenceman P.K. Subban.

It raised two issues: whether tossing pucks is safe and whether infants should be allowed in the stands at hockey games or, in this case, at practice.

HOSPITAL

The infant in question was treated on site and taken to the hospital. She was released the following day and was doing well.

Canadiens spokesman Donald Beauchamp said the club will review the incident to see if changes are needed.

THE CANADIAN PRESS

IN BRIEF

Messi's brace leads Barca over Arsenal

Two goals from Lionel Messi steered Barcelona to a convincing 2-0 victory over Arsenal in the last 16 of the Champions League on Tuesday.

Messi provided a clinical finish to a breakaway move that featured strike partners Luis Suarez and Neymar in the 71st minute and then scored an 83rd minute penalty to seal the first-leg match.

Also on Tuesday, Juventus came back from two goals down to draw 2-2 against Bayern Munich in the first-leg match.

THE ASSOCIATED PRESS

Hotel chain apologizes to Irving for bed bugs

Hilton Hotels has apologized after Cleveland Cavaliers guard Kyrie Irving said he was bitten by bed bugs Saturday night during his stay in downtown Oklahoma City.

Irving played just nine minutes the next day in a nationally televised win over the Oklahoma City Thunder. THE ASSOCIATED PRESS

Grizzlies' Gasol ruled out for remainder of season

Grizzlies centre Marc Gasol will miss the rest of this season after having surgery to repair his broken right foot. The team said Tuesday that Gasol had surgery on Saturday.

Gasol averaged 16.6 points and 7.0 rebounds this season.

THE ASSOCIATED PRESS

50

The Golden State Warriors became the fastest team in NBA history to 50 wins in a season with a 102-92 victory over the Hawks on Monday night in Atlanta.

The 50-5 Warriors need 23 wins from their last 27 games to top the 1995-96 Bulls' best-ever 72-10 record.

THE ASSOCIATED PRESS



Family comes first in Grande Prairie

TOURNAMENT OF HEARTS

Familiar names Carey, Howard, Lang popping up at Scotties

Prominent bloodlines run through this year's Canadian women's curling championship.

Alberta's Chelsea Carey is the daughter of Dan Carey, who won the 1992 men's championship playing third for Vic Peters. Her uncle Bill was Barry Fry's third when they won the Brier in 1979.

There is a Howard in the Scotties Tournament of Hearts for the first time. Saskatchewan third Ashley Howard is the daughter of Canadian, world and Olympic champion Russ Howard.

Her brother Steve, cousin Scott and uncle Glenn have all played in the men's championship. Glenn and Scott are representing Ontario at the Tim Hor-



Chelsea Carey was out in front at the Scotties on Tuesday in Grande Prairie, Alta. JONATHAN HAYWARD/THE CANADIAN PRESS

tons Brier in Ottawa next month.

"It took me a long time to realize I wasn't eligible to play in the Brier and I had to find my own dream," Ashley said.

And while she bears her married name on her Northern Ontario jacket, lead Sarah Potts is the daughter of Rick Lang, winner of three Canadian championships playing third for Al Hackner and Bill Tetley.

The fathers are all in Grande Prairie, Alta., with their daughters — Dan and Rick as spectators and Russ as a television commentator. Rick is one of Curling Canada's national team coaches and oversaw the Brad Jacobs team that won Olympic gold in 2014.

But his wife Lorraine is coaching Northern Ontario's women at the Tournament of Hearts.



Ashley Howard
THE CANADIAN PRESS

So Rick is in the unfamiliar role of fan, working the region's traditional moose-call noisemaker and wearing a furry hat at Revolution Place.

"He's having a ball, but he's nervous, very nervous," Potts said Tuesday. "I can totally tell when I look up at him."

Carey and her Alberta rink extended their unbeaten run to 6-0 with a 6-4 win over New Brunswick. Northern Ontario was right behind at 5-1 with a 7-4 victory over Newfoundland and Labrador.

Saskatchewan's Jolene Campbell edged B.C. 8-7 to sit tied at 4-2 with Quebec's Marie-France Larouche, who was a 5-4 winner over Nova Scotia's Jill Brothers.

The top four teams at the conclusion of the preliminary round Friday advance to the Page play-off. THE CANADIAN PRESS



1 Team Canada's Jennifer Jones won her morning match over New Brunswick's Sylvie Robichaud to improve to 3-2.

2 Manitoba's Kerri Einarson was 2-3 after a win over Quebec's Marie-France Larouche.

3 P.E.I.'s Suzanne Birt fell to 2-3 with a loss to Northern Ontario. Go to metronews.ca for coverage of the late draw. JONATHAN HAYWARD/THE CANADIAN PRESS



Winnipeg Jets Defenseman, #8 - Jacob Trouba ▶

AT HOME OR AWAY, GOOD HABITS GET RESULTS.

Jacob Trouba of the Winnipeg Jets and Recycle Everywhere want you to get into the habit of recycling all your empty beverage containers. Every aluminum can, carton, juice box and bottle has the potential to be turned into something useful. That's a much better result than sitting in a landfill.



RECIPE Turkey Lettuce Wraps



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Give tortillas a break and send in lettuce to make these zesty, crunchy turkey wraps.

Ready in
Prep time: 5 minutes
Total time: 15 minutes
Serves 4

Ingredients

- 1 Tbsp of vegetable oil
- 1 lb ground turkey
- 1 red pepper, diced
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1/2 cup water chestnuts, diced
- 1 head of Boston or bibb lettuce
- 2 scallions, chopped
- small handful of cilantro, chopped
- small handful of unsalted

cashews, chopped

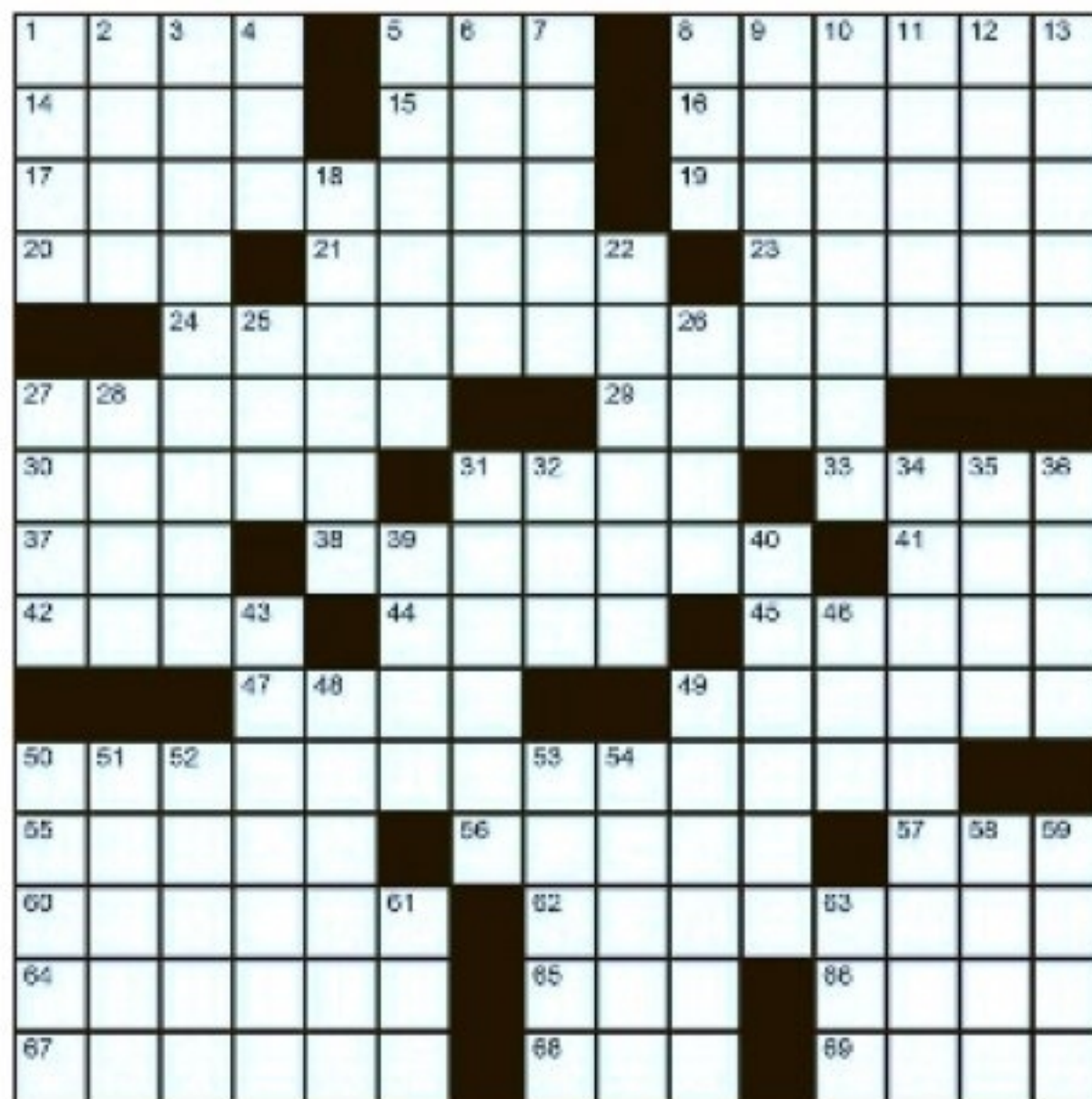
Directions

1. In a large skillet, drizzle the vegetable oil and warm it up to medium heat. Add the turkey and break it up as it browns until almost cooked through. Add the peppers, garlic and ginger and keep pushing everything around until the vegetables begin to soften. Pour in your vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir. Place the meat mixture in a serving bowl.
2. Place clean and dried whole lettuce leaves, chopped scallions, cilantro and nuts all on the table, along with meat mixture and let everyone assemble their lettuce wraps. Making them in your hand works best — so place a lettuce leaf in one and scoop the fillings in with the other, fold up the leaf and bite in.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Ox-eyed goddess
5. Aesop's Fables creature
8. Put away
14. Eye __ (Optometrist's skill)
15. Wear
16. Change a moniker
17. Norman Bethune's field
19. Sooner or later: 2 wds.
20. 23rd Greek letter
21. Weaponize again
23. Father, in Latin
24. Stage name of Canadian singer Beatrice Martin: 3 mots
27. Most-shown-off muscles
29. Singer Ms. Tennille
30. Earthy pigment
31. Puck-into-net meaning
33. Troll
37. Honolulu necklace
38. "___ Hal" (2001)
41. Tear
42. Bustles
44. Burton and Golden
45. Violin of Cremona in Italy
47. ___-date
49. Saskatchewan hamlet, our great land when read backwards
50. What Mari-

times food 'dulse' is: 2 wds.
55. High IQ society
56. More healthy
57. Pant leg part
60. Per __ (For each person)
62. Sliding ballet move

64. Thwarted
65. Register
66. Ms. Korb
67. Compounds in perfume
68. Shakespearean suffix
69. Ran, as clothing dye

DOWN

1. __ seed oil
2. Antiquated amours
3. Salad ingredient
4. Sherbrooke sidekick
5. Parisian fare-

wells
6. Submarine instrument
7. Ventriloquist's Mortimer
8. Lanka's lead
9. __ bowling
10. Lake __
11. Seasoned yogurt

side dish of India
12. An archaic ant
13. John __ (Tractor company)
18. Brunch servings
22. Copper and silver
25. Not 'neath
26. On-a-horse sport
27. Gaucho's weapon
28. Frosted
31. Protective shoe covering
32. Certain cheer
34. Breathtaking space in the Canadian Museum of History for the First Peoples of the Northwest Coast exhibition: 2 wds.
35. Ms. Hayworth
36. Majestic
39. Detest
40. Flamingos and Herons
43. Lessen
46. W.C.'s co-star
48. Chef, when prepping the dish for the waiter
49. "Anchors __" (1945)
50. Roast's host
51. Bargains
52. Opinion
53. "Save Tonight" by __-Eye Cherry
54. Dispense
58. Boundary
59. Hoover Dam lake
61. Want __ (Newspaper listings)
63. Bawl

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You can't explain how you've reached a decision but you must have the courage to see it through. The more your rivals oppose you, the more right you are.

Taurus April 21 - May 21
You'll make friends with someone today who could become a lover. Act quickly if you think they might be the one for you. You're not the only one who has designs on their affections.

Gemini May 22 - June 21
Money and possessions cannot make you happy, so forget about your cashflow problems and focus on affairs of the heart. Don't worry about making ends meet — it's meeting the right person that matters.

Cancer June 22 - July 23
Forget about duty and routine and focus on the one thing that means the most to you. You always do what is expected of you but now you must free the creative side of your nature, even if it means breaking a few rules.

Leo July 24 - Aug. 23
You'll have to put up with people who don't want you to succeed. As a general rule the more others criticize the more certain you can be that you are moving in the right direction.

Virgo Aug. 24 - Sept. 23
It's a good time for social activities but you may want to stay in if your 'To Do' list is long. You should know by now that you'll always find work if you look for it — so don't look!

Libra Sept. 24 - Oct. 23
It's good to have respect for powerful people but don't forget that they're human too. Your respect for one is based more on emotion than logic. See them for who they really are.

Scorpio Oct. 24 - Nov. 22
Mars in your sign makes you hugely ambitious but there will always be things you cannot do on your own. Reach out to people who share your passion and principles. Together you will achieve something remarkable.

Sagittarius Nov. 23 - Dec. 21
Today you should shut your ears to the outside world and take no notice of what others are saying. There is so much gossip doing the rounds at the moment that it is sure to end in tears.

Capricorn Dec. 22 - Jan. 20
You seem to be flavour of the month. Make the most of it but don't get carried away and give someone the idea that they mean more to you emotionally than is actually the case.

Aquarius Jan. 21 - Feb. 19
You may be tempted to retreat into your shell, but don't cut yourself off completely. The planets indicate there could be a new love interest!

Pisces Feb. 20 - March 20
Now that the full moon has started to fade, look back on your words and actions of the past few days and you'll see how they were driven by emotion rather than logic. You may need to backtrack on some of the things you promised!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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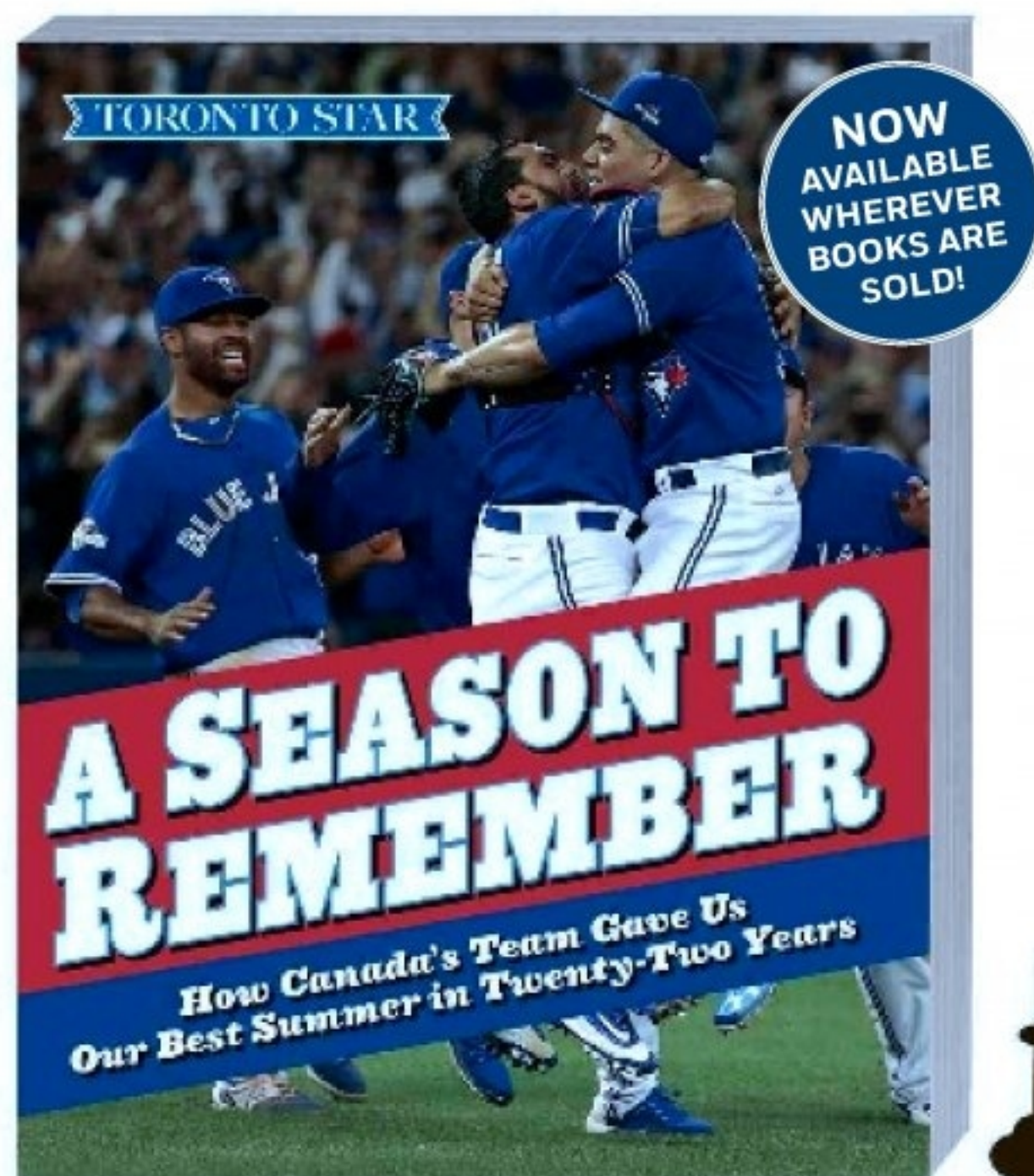
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